



# A Taste for Healthy Living

*A FREE class for people  
ages 60 and older*

Learn about good nutrition, how to make tasty meals  
and snacks, and tips for staying physically active.

*A light breakfast and full lunch is included, plus  
recipes, door prizes, gifts and health information.*

**9:00 a.m. to 1:00 p.m.**

**Wednesday, May 19**

**NewHolly Community Center**

**7050 32<sup>nd</sup> Ave. S., Seattle**

***The class is free but space is limited. You must sign up  
in advance. Call 206-824-2907, ext. 1970, by May 7.***

